

Minestrone Soup

Rating: ★★★★★

Makes: 6 servings

Ingredients

- 1 10-ounce packages frozen vegetables, any type
- 2 **cans** stewed tomatoes, canned, low-sodium (14.5 ounce)
- 2 **cans** broth, any flavor, canned, low-sodium (14 ounce cans)
- 1 **can** beans, canned, any type (15.5 ounce)
- 1 **ounce** pasta, dry, any type (1 cup)

Directions

This recipe is developed for a child to help an adult in the kitchen. Directions are written to different audiences:

1. Adult and child: Wash hands well with soap and hot water.
2. Child: In a large pot, combine frozen vegetables, tomatoes, broth and beans.
3. Adult: Bring the soup to a boil and add the pasta. Then reduce to low heat. Let simmer for 6-8 minutes or until the pasta and vegetables are tender.

Rutgers Cooperative Extension, Food Wise Learn at Home Print Materials

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	240	
Total Fat	1.5 g	2%
Protein	12 g	
Carbohydrates	45 g	15%
Dietary Fiber	9 g	36%
Saturated Fat	0 g	0%
Sodium	530 mg	22%